

FRESH News

January 2013

January represents the month of new beginnings and opportunities. As we ring in 2013, think about what enhancements can be made to your Fresh Fruit and Vegetable Program. A possible focus of improvement could be on the required nutrition education component. Nutrition education plays a vital role when exposing students to new fruits and vegetables. Having dialogue with students at the very moment they are seeing, smelling, feeling and tasting the food can have a lasting impact. Discuss with your students information about where the particular item is grown and how the food keeps us healthy. For example, when serving students carrots, explain that they are root vegetables grown in the ground and that they contain a vitamin that improves eye sight. Highlighting the beneficial *functions* of nutrients found in particular foods versus statements like "Carrots contain vitamin A," will be more meaningful and help students retain the information. Activities like word searches and coloring sheets are great ways to reiterate the message that fruits and vegetables are good for our health. Wishing everyone a happy and healthy New Year!



Monthly Crunch

Grapefruit



How to Select

- Choose grapefruit with thin, smooth, blemish-free skin
- Select grapefruit that feels heavy for its size and is firm when squeezed

How to Store

- Store at room temperature for 1 week or refrigerate for 2 to 3 weeks
- Freshly squeezed juice can be frozen in an airtight container for 3 to 4 months

Nutritional Benefits

- Good source of insoluble fiber (pectin)
- Excellent source of vitamin C
- Good source of potassium, vitamin A and the antioxidant lycopene

Turnip



How to Select

- Turnips should feel firm and heavy with crisp green tops
- Look for turnips with smooth skin
- Check for a sweet aroma

How to Store

- Cut off greens before storing
- Seal the roots and greens in separate plastic food storage bags
- Refrigerate turnips in bags for 2 to 3 weeks

Nutritional Benefits

- Very good source of dietary fiber
- Good source of vitamin C
- Turnip greens are a good source of calcium, folate, lutein, and vitamins A and K

A BITE OF THE SEASON

Broiled Grapefruit

Ingredients

- 4 grapefruits
- 1 tablespoon ground cinnamon
- 1 tablespoon granulated sugar
- 4 teaspoons butter or margarine

Yield

- 8 servings

Preparation

- Preheat oven broiler
- Cut grapefruits in half; use knife to cut out the sections from each half
- Spoon the sections and juice into bowl; scrape out the remaining thick skins and pulp
- Spoon the sections from the bowl back into the halves
- Sprinkle cinnamon and sugar over the top of each grapefruit half
- Dot each half with butter/margarine
- Place the halves on cookie sheet
- Broil for 3-5 minutes, until butter is melted and sugar starts to brown



*Find this recipe and others at <http://allrecipes.com>

Tugboat Turnips

Ingredients

- 2 large turnips
- 6 large carrots
- 1/2 cup butter
- 1/2 cup light brown sugar
- 1 teaspoon salt

Yield

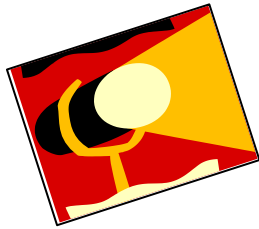
- 4-6 servings

Preparation

- Peel and chop the turnips and carrots
- Place turnips and carrots in medium saucepan, cover with water and bring to a boil
- Cook until tender
- Drain turnips and carrots, add butter and brown sugar
- Mash mixture
- Adjust taste with salt and additional brown sugar



*Find this recipe and others at <http://www.foodnetwork.com/recipes/>



In The Spotlight



This month we are recognizing Summit Elementary, a Fit Kids, Inc. charter school located in South Phoenix! This school serves the FFVP snack in the classroom as a mid-morning snack four times per week. Courtney Krieger, the school's nutritionist, creates weekly themes for the students such as Yellow Vegetables (yellow is one of the school's colors), Arizona Cardinal Red Fruits and Phoenix Sun Fruits (purple and orange). Nutrition information associated with each theme is displayed on the bulletin boards located throughout the campus. Many of the teachers have found creative ways to incorporate the FFVP into their lesson plans and activities. For example, the first graders created bar graphs to show which fruit served was most popular – pineapples or pears. This is the school's first year on the program and they are already finding it to be very beneficial. "The positive impact that we have seen at our school has been far greater than we imagined!" commented school principal, Carolyn Sawyer. The FFVP aligns perfectly with their focus on physical activity and health. On the school campus, you will find an environment that supports wellness including a school garden, a freshly remodeled gymnasium, and a playground filled with equipment that promotes motor skills development.

**To nominate a school for the monthly "In the Spotlight" feature, please email FFVP@azed.gov with the name of the school, grades served, number of years on the FFVP, the primary FFVP contact for the school and the reasons why this school should be recognized for going above and beyond the FFVP requirements.*

Tasty Tidbits

January is...

National Fiber Focus Month!



National Food Days in January

9th - Apricot Day



Local Produce

Fruits: Red Blush & White Grapefruit, Lemons, Canary Melon, Blood, Mandarin, Navel, Sweet & Temple Oranges, Tangelos

Vegetables: Beets, Bok Choy, Broccoli, Cabbage Varieties, Carrots, Cauliflower, Celery, Cilantro, Kale, Kohlrabi, Lettuce Varieties, Greens Varieties, Leeks, Green Onions, Radicchio, Radishes, Rapini, Spinach, Swiss Chard, Tomatoes, Turnips



Jennifer Gordon, FFVP Specialist
(602) 542-8704
Jennifer.Gordon@azed.gov